

Pizza Party Pita

Makes: 8 Servings

Ingredients

8 Pitas
1 **cup** ricotta cheese
1 **1/4 cups** White beans, cooked and drained
2 **cups** Tomatoes, chopped
1 **cup** spinach
1 **cup** tomato sauce
1 **tablespoon** Milk, 1% (low-fat) or fat-free

Directions

1. Preheat oven to 350°.
2. In mixing bowl, stir together spinach, ricotta cheese, tomatoes, and beans.
3. Slice pitas open. Place 1/4 cup mixture in each pita.
4. Line baking sheet with lightly greased foil. Place pitas on sheet and brush tops with milk. Prick tops with a fork.
5. Place in 350° oven for 8-10 minutes.

Notes

Serving Size: 1 pita (247 g)

Serving Tips:

This pita can be made with eggs for breakfast, fruit, and/or vegetables for a quick snack, or topped with vegetables or meat for meals!

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	370	
Total Fat	3 g	
Protein	17 g	
Carbohydrates	71 g	
Dietary Fiber	9 g	
Saturated Fat	1 g	
Sodium	184 mg	